

Running Questionnaire

Name: _____ Date: _____

Address: _____

Phone: (Day) _____ (Night) _____

Date of Birth: _____ Height: _____ Weight: _____

How long have you been running? _____

Why are you interested in running?

- Fitness
- Weight Loss
- Recreation
- Stress Relief
- Social
- Recreational Racing
- Competitive Racing
- Other _____

How many kilometers do you run a week? _____

What surfaces do you run on?

- Sidewalk/Asphalt
- Grass
- Trails
- Gravel
- Treadmill
- Other: _____

Have you used a treadmill before? Yes / No

Please break down your weekly kilometers (ie how many kilometers to long runs, tempo, hills, speed work, etc.)

Do you participate in any other forms of activity/ exercise? Please list all activities and their frequencies (including stretching and strength training).

Have you ever had a running injury. Please describe.

How old are your current running shoes? _____

How often do you change them? _____

Do you or have you had any of the following:

- Surgeries
- Hospitalized
- Epilepsy
- Heart conditions
- Lung conditions
- Osteoporosis
- Arthritis
- Allergies
- Diabetes
- Currently pregnant
- Muscle cramping
- Dizziness/ Vertigo

- Headache
- Concussion/ Head injuries
- Double vision
- Ringing in the Ears
- Other
- High blood pressure
- High cholesterol
- Other: _____

Please explain.

Are you currently taking any medications? Please explain.

Have you ever passed out during or after exercise? Yes / No

Have you ever been dizzy during or after exercise? Yes / No

Have you ever had chest pain during or after exercise? Yes / No

Have you ever had high blood pressure? Yes / No

Have you ever had a heart murmur? Yes / No

Have you ever had racing of your heart or skipped heartbeats? Yes / No

What are your running goals?

Do you feel there are any barriers to achieving these goals?

What do you hope to get out of this assessment?

- Improve running efficiency

- Rehabilitate injury
- Prevent injuries
- Correct muscle imbalances
- Improve running performance
- Other: _____

Please explain.
